

## Shin Splints

Do all 5 stretches and exercises (skip any that cause pain):

### 1. Calf Stretch (Gastrocnemius):

Keeping back leg straight, with heel on the floor and turned slightly outward, lean into wall until a stretch is felt in the calf. Hold 15-30 seconds. Repeat 2 times, each leg.



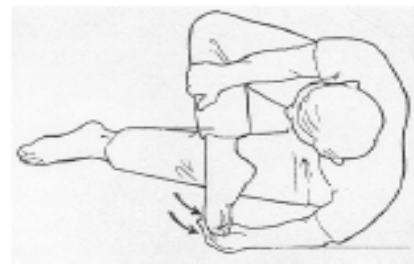
### 2. Calf Stretch (Soleus):

Stand with both knees bent and involved foot back, gently lean into the wall until a stretch is felt in the lower calf. Hold 15-30 seconds. Repeat 2 times, each leg.



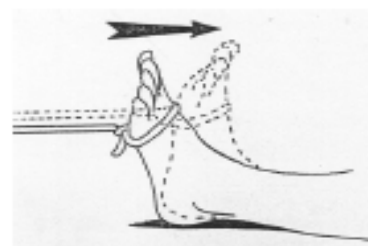
### 3. Ankle Plantarflexion Stretch:

Gently grasp foot and bend ankle down, hold 15-30 seconds. Repeat 2 times, each leg.



### 4. Resisted Dorsiflexion :

With tubing anchored to a door jam, pull your foot toward your face. Hold 2 seconds. Repeat 10-15 times, 3 sets each leg. If no tubing is available, lean back against a wall with your feet 1 ft. away from the wall. Raise your toes off the ground. Hold 2 seconds. Repeat 10-15 times, 3 sets.



### 5. Heel Raises Single Limb Stance:

Start by using a table or wall for balance initially for one leg or use both legs without holding on and progress as you become stronger to doing it on one foot without touching anything. Hold 1 second. Repeat 10 repetitions, 3 times. Then do the same thing with your knee bent. BE SAFE!



Disclaimer: The following resources have been made available to you by the 25<sup>th</sup> ID. Please use extreme caution when performing exercises as the potential for increased pain, bodily injury, or even death does exist. If in doubt, please seek further medical attention to avoid any problems. These resources are only guides and are not a prescription of any kind.